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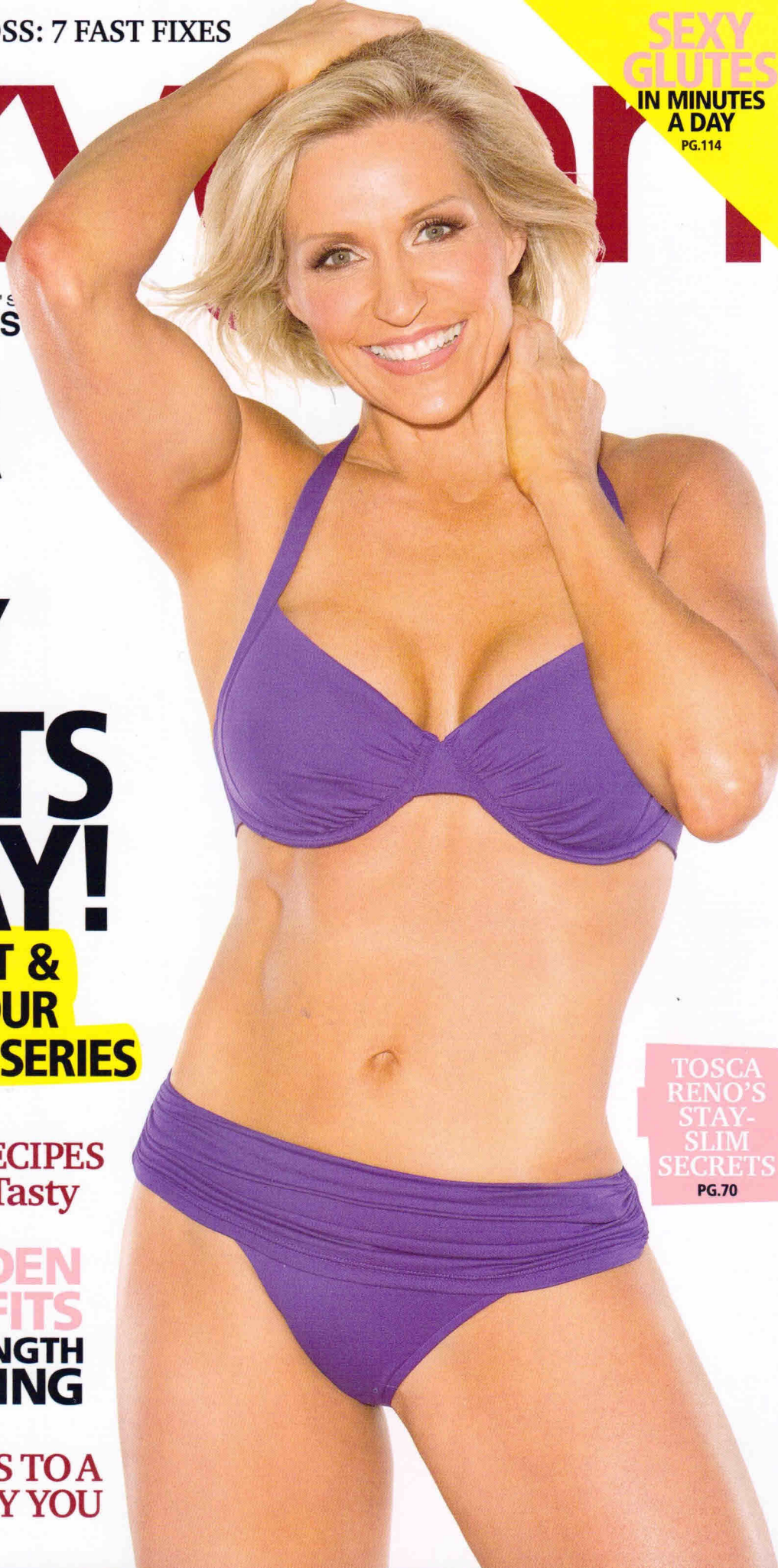
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# You Ask! We Answer...

*How to eat clean on less cash.* BY ALICIA REWEGA

**Q:** *With changes in my family's food budget over the last year or so, how can we still eat clean and healthy and continue to lose fat with less money to spend on healthy fare?* — TANJA VAUGHAN, YONKERS, NY

**A:** People have a misconception that eating healthy is expensive partly because organic food is expensive, but you don't need to buy everything organic. In fact, many commercial foods are safe to buy. Also, not all organic food is healthy. To help you decide when to buy organic, log on to [foodnews.org/walletguide.php](http://foodnews.org/walletguide.php).

Vancouver-based registered dietitian Gloria Tsang, founder and editor of the nutrition database [healthcastle.com](http://healthcastle.com), says the strategy to eating clean and slashing your grocery bill is buying key

ingredients in bulk. "Meat is usually the most expensive. I suggest you look for lean protein that is on sale and buy it in bulk and freeze it," says Tsang. "I often pick up chicken with the skin and bone,

meal around it. But be open to switching items depending on what's on sale at the grocery store." It's very important to be flexible. Proteins are easily interchangeable. If chicken

**Vary your menus at home so you don't get bored and tempted to eat out.**

which is cheaper, and remove both myself. It requires a bit more time but saves so much money."

Tsang adds that prepared, pre-marinated fish can be pricey, but plain, frozen white fillets are very affordable and ideal for those on a budget. "All you need to do is pick up a few cooking skills," she says. Other lean protein sources she swears by are pork tenderloin and flank steak because they freeze well and are incredibly versatile. "I buy flank steak in bulk and brown it in a pan and then roast it with a little sea salt and pepper. I then slice it and serve it on salads," says Tsang.

### Planning ahead

When you have no food at home or you don't know what to do with the ingredients you have, you tend to eat out and spend more money.

"Think ahead of what you'd like to prepare for the week and get the kids involved too so they are happy with the meals you make," says Tsang. "Pick your proteins first and build meals around them. Or perhaps pick a star vegetable that's in season and build a

is on sale instead of the beef you planned for, consider whether or not you can swap it for what's on sale.

### Where to shop

Shop at a combination of low- and middle-end grocery stores. Tsang suggests getting most of your meats at a discount grocery store and often the meat found in discount stores will be local. On the other hand, produce will most likely have to be purchased at a higher-end store to ensure freshness. Places like Gelson's and Whole Foods work well.

### What are some inexpensive meal ideas?

Balanced portions are important. Fill your plate with half vegetables, a quarter grains and a quarter meat. Examples of grains include potatoes, sweet potatoes, whole-grain pasta, whole-grain rice and quinoa.

Vary your menus at home so you don't get bored and tempted to eat out.

Changing it up is as easy as switching the type of protein, vegetable or grain. If you're used to eating pork tenderloin with green beans and a

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BULK UP YOUR GROCERY BAG, AND YOUR WALLET.

potato try pork tenderloin with baked squash and a bed of brown rice. You can also try incorporating nuts and seeds into your main course.

Other meal ideas that stretch your dollar are one-pot meals, casseroles and crock-pot creations. Freeze leftovers and enjoy them later as dinners or lunches. For some delicious budget recipes pick up the most recent issue of *Clean Eating* magazine. In it you'll find five family dinners, all just 10 dollars each.

### What's in season now and will help cut my grocery bill?

**Vegetables:** Broccoli, snow peas, brussels sprouts, sweet potatoes, many Chinese greens (like bok choy and gai lan), leeks, mushrooms (including cremini, shiitake and white button) and squash.



**Fruit:** Kiwi (it's summer time in Australia!), all citrus fruits such as oranges and grapefruit, pomegranate, cranberries and apples.



### What are some affordable snack ideas?

- **Vegetable sticks**
- **Fresh fruit**
- **Nuts and seeds**
- **Edamame.** "It's very cheap, easy to find frozen and is high in protein and low in calories," says Tsang.
- **Oatmeal.** You can spice it up with cinnamon, apple pieces, dried apricot, shredded coconut, raisins and dried cranberries.
- **Whole-grain cereal.** Great for an on-the-go snack anytime.
- **Make your own banana and apple chips with a dehydrator.** Making a one-time investment in a dehydrator can be a very inexpensive way of snacking over the years.
- **Yogurt.** Look for Greek yogurt, which tends to be thicker and more filling. Look for six grams of fat or less for a four to six ounce serving and no more than eight grams of sugar.

### What foods should I buy in bulk?

Stock up on these items every month or two and shrink your weekly grocery bill.

- **Larger cut meat** (not ground meat) freezes well past six months, so most meat can be purchased in bulk.
- **Seafood**
- **Frozen vegetables**
- **All dry grains** such as pasta, quinoa and rice – store in a cool, dark pantry.
- **Nuts and seeds** – store in a cool, dark pantry.
- **Beans** – store in a cool, dark pantry.



**TIP:** Perform three sets of 15 reps.

**TIP:** To challenge yourself even more, extend your arms while rotating.

**TIP:** Don't let your knee stray past your toes.

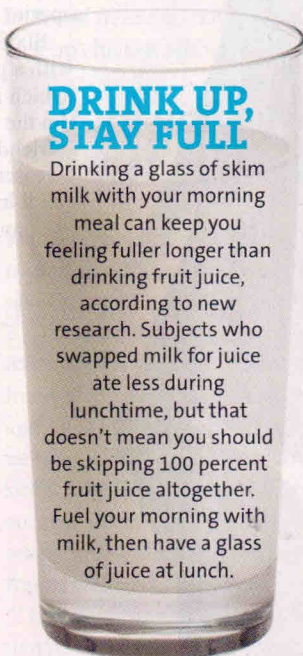


## Get a Hard Core

Blast fat and work on that six-pack by adding this combination move that pairs a lunge with a medicine-ball rotation. Add it to your busy-day circuit and get tight legs and glutes too.

**SET UP:** Stand with your abs contracted, holding a medicine ball close to your chest. Take a step forward with your right foot and bend your left knee until your thigh is parallel to the floor [A].

**ACTION:** Twist your torso slowly to the right, keeping your abs contracted [B]. Hold for a few seconds, then return to the center and back to the starting position. Repeat with the left leg to complete one rep.



### DRINK UP, STAY FULL

Drinking a glass of skim milk with your morning meal can keep you feeling fuller longer than drinking fruit juice, according to new research. Subjects who swapped milk for juice ate less during lunchtime, but that doesn't mean you should be skipping 100 percent fruit juice altogether. Fuel your morning with milk, then have a glass of juice at lunch.



### Manage Your Portions

If extra munching is adding bulk to your middle, take note from the latest research. In a new study from the *American Journal of Clinical Nutrition*, those who ate in small bites (under five grams) in a slower manner (at least nine seconds between bites) consumed the least amount of food. To save yourself the sanity of measuring every second and bite, **switch to a smaller spoon and set a time minimum for your meals, such as at least 15 minutes to finish breakfast.**



### Burn More Fat

Instead of doing three sets of each strength move before moving to the next exercise, create a fat-blasting circuit. Perform a single set of each move, one after the other and repeat the entire circuit two more times.

## STAY-IN-SHAPE MOVE

Moving in with your guy increases both your chances of packing on the pounds, especially if you live together for two years or more, reports the journal *Obesity*. To make sure you both stay in shape, designate the couch as an eat-free area as soon as you move in. Keep your meals for the kitchen.



TO GET HIM EATING AS CLEAN AS YOU ARE, CHECK OUT *THE EAT-CLEAN DIET FOR MEN* BY ROBERT KENNEDY AND TOSCA RENO AT [EATCLEANDIETFORMEN.COM](http://EATCLEANDIETFORMEN.COM)



To reach your fat-loss goals, visit [oxygenmag.com/fatloss](http://oxygenmag.com/fatloss)